ABSTRACT OF THE DISCLOSURE

A vehicle external mirror assembly (10) comprises three main parts: a vehicle-to-mirror assembly attachment bracket (15), a mirror housing (20) and a mirror (41). Housing (20) comprises a thin molded external plastic shell (50) and a foam core (21), the foam anchoring and supporting the shell. A load diffuser (45) may be positioned within foam (21) to reduce the maximum tensile and compressive stresses within the foam (21). Attachment bracket (15) is of a similar construction with a thin shell (15) internal foam (18) and load diffuser (16).